

TABLE 1. AVERAGE QUANTITIES OF FOOD CONSUMED IN ARMY MESSES (AS DETERMINED IN 455 MESSES DURING 1941-43)

Food groups	Consumed (pounds per man per day)	Percent edible waste*
Meat, fish, and poultry	0. 909	7. 5
Eggs	. 149	6. 2
Milk and milk products (fluid milk equivalents)	1. 016	1. 6
Fats, butter, and spreads	. 083	. 7
Fats, other	. 069	4. 5
Sugar and syrups	. 262	1. 0
Cereals and grain products	. 567	11. 1
Beans; other legumes, dry; nuts, dry	. 055	10. 5
Vegetables, leafy green or yellow	. 359	16. 4
Tomatoes	. 155	3. 5
Citrus fruits	. 248	1. 3
Potatoes	. 561	12. 9
Vegetables, other than leafy green or yellow	. 252	10. 8
Fruits, other than citrus	. 358	2. 0
Fruits, dried	. 026	4. 7

* $\frac{\text{Average edible food wasted in messhall and kitchen}}{\text{Average total edible food issued to organization}} \times 100.$

Source: Howe, P. E., and Berryman, G. N.: Average food consumption in the training camps of the United States Army, 1941-1943. *Am. J. Physiol.* 144: 588-594, Sep 1945.